

# NAVY MEDICINE LIVE

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## What Makes You Optimistic About the New Year?

Filed under [FLEET AND THE FLEET MARINE FORCE](#), [MILITARY MEDICINE](#), [NAVY HISTORY](#) (NO COMMENTS)

By Naval Center for Combat & Operational Stress Control Public Affairs

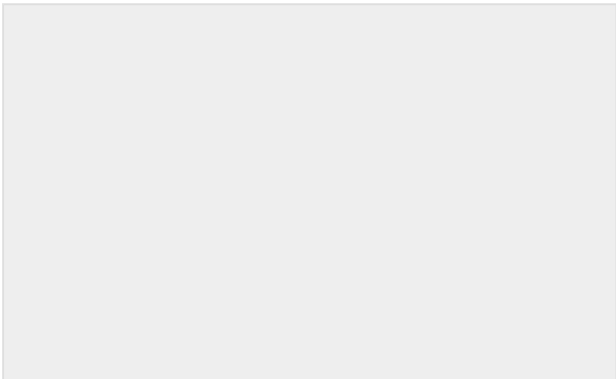


Optimism helps build resilience.

The start of a new year is a time that naturally lends itself to optimism.

It's a time to embrace positive changes and look forward to new adventures. Optimism is also a factor that helps build resilience. And, when Sailors are more resilient, they are better able to manage stress and withstand the challenges of military life.

So, in the spirit of the new year, we asked a few sailors at [Surface Warfare Medical Institute](#) aboard the [Naval Medical Center San Diego](#) campus, about what makes them optimistic about their future. From promotions to deployments and increasing opportunities for women in the military, these resilient sailors have a lot to be optimistic about as they sail into 2015.




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HM2 Jia Liu Hometown: San Jose, California

“I’m optimistic about the new deployments that are going to be opening up. There’s going to be more opportunities to go to different places, and there’s going to be a lot of things going on in Asia. I’m from Asia so I’m pretty excited about that. There’s going to be a lot of collaboration with the countries over there, which means we’ll have more opportunities to interact with them, and to understand and learn from each other.”



HM2 Rebekah Rhymes, Hometown: Danville, Pennsylvania

“I’m optimistic about every day of 2015. As a single parent I just try to focus on today, and just do what’s best for my son, and hope for better things tomorrow.”



HM3 Andrew Bergen, Hometown: Arlington, Texas

“I’m looking forward to a lot of great new movies coming out this year, and I’m hoping to spend more time with my girlfriend who lives in Canada.”

September 2014 (20)

August 2014 (14)

July 2014 (13)

June 2014 (8)

May 2014 (11)

April 2014 (9)

March 2014 (14)

February 2014 (7)

January 2014 (7)

December 2013 (7)

November 2013 (12)

October 2013 (7)

September 2013 (14)

August 2013 (13)

July 2013 (11)

June 2013 (22)

May 2013 (15)

April 2013 (14)

March 2013 (14)

February 2013 (14)

January 2013 (12)

December 2012 (11)

November 2012 (11)

October 2012 (7)

September 2012 (9)

August 2012 (12)

July 2012 (13)

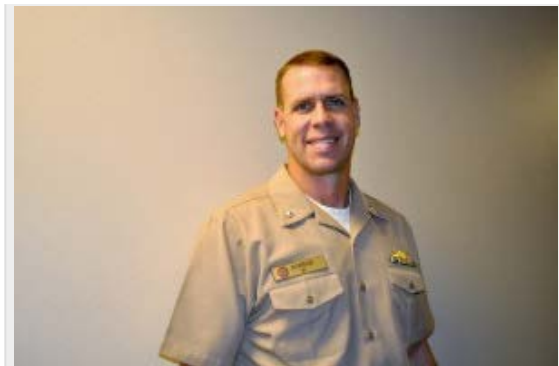
June 2012 (17)

May 2012 (22)

April 2012 (14)

March 2012 (13)

February 2012 (14)



Cmdr. Jeremy Hawker NC, Hometown: Mankato, Minnesota

January 2012 (13)
December 2011 (13)
November 2011 (20)
October 2011 (22)
September 2011 (12)
August 2011 (16)
July 2011 (10)

“Passing of the FY15 budget, so we will be able to provide the necessary tools for our students to be successful in their training and future roles within Navy Medicine.”



HMCM Brad Kowitz, Hometown: Portland, Oregon

“Personally, I don’t make New Year’s resolutions. I don’t think you need to wait until the beginning of a New Year to resolve to change unhealthy habits or try something new – there’s no time like the present to take the initiative and make positive changes in your life. And, that’s what makes me optimistic for the new year – we all have 365 opportunities to improve upon ourselves and make each day better than the one before!”



HM2 Bronson Eardley, Hometown: Vincennes, Indiana

“I’m going to be reenlisting toward the beginning of the new year. I also just picked up second class and I’m looking forward to the challenges that this brings. The possibilities that come

with reenlisting include opportunities for a school or the choice of duty stations. I'm thinking of cardiovascular technician school. I'm optimistic about a lot of opportunities presenting themselves for professional growth."



HN Nataly Alvillar, Hometown: Phoenix, Arizona

"I really like how there are a lot of opportunities opening up for females. The Navy is reevaluating male-only rules for special ops, letting females onto submarines, and they recently redid the policy for female hairdos that's more accepting of different ethnicities and females, and I'm really appreciating that about the Navy."



HM1 Reynaldo Eugenio, Hometown: Honolulu, Hawaii

"I'm excited to have more students come into our program and show them what the Advanced Dental Assistant Program is all about. I'm also trying to improve my running skills and get into the Outstanding category [on the Navy's Physical Readiness Test (PRT)]."

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